

# Environmental Hazard Home Checklist



## Children's Environmental Health Protection Initiative

<http://interlinc.ci.lincoln.ne.us/city/health/envIRON/cehpi/>



Lincoln-Lancaster County Health Department  
3140 "N" Street  
Lincoln, NE 68510-1514

# STEPS TO MAKE YOUR HOME HEALTHIER!

Completing this checklist will help you identify some possible environmental hazards among the many potential hazards that may exist where you live. Many other potential hazards can be identified by the U.S. Environmental Protection Agency, the U.S. Health and Human Services Department or by visiting the Children's Environmental Health Protection Initiative website.

For each question, mark **YES** or **NO**

## Hazardous Household Products

- |  |                          |                          |
|--|--------------------------|--------------------------|
| Do you use and dispose of products without knowing if they are potentially hazardous?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you ever pour hazardous chemicals - such as antifreeze, oil, paints, stains, polishes or solvents - down the drain, in a ditch, or on the ground? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are medications, cleaners, and other chemicals stored within the reach of children?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you use mercury thermometers or fluorescent light bulbs in your home?   | <input type="checkbox"/> | <input type="checkbox"/> |

## Lead Contamination

- |   |                          |                          |
|---|--------------------------|--------------------------|
| Do you have a home built before 1978? (when lead was banned from paint)             | <input type="checkbox"/> | <input type="checkbox"/> |
| Is your home's interior or exterior paint peeling, chipping, or chalking?           | <input type="checkbox"/> | <input type="checkbox"/> |
| Has there been remodeling or paint removal in the last two years?                   | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have any old painted toys or furniture?                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| Is your drinking water delivered through lead pipes or in contact with lead solder? | <input type="checkbox"/> | <input type="checkbox"/> |

## Pesticides

- |  |                          |                          |
|--|--------------------------|--------------------------|
| Do you ever use pesticides without following the recommended doses or application instructions?                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Are lawn and garden chemicals stored in an area exposed to activities that could damage containers or result in chemical spills? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you eat fresh fruits and vegetables without thoroughly washing and scrubbing them under running water?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you dispose of left-over pesticides by throwing them away in the trash?   | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you regularly have a commercial service apply any pesticides?   | <input type="checkbox"/> | <input type="checkbox"/> |

hazards in your home. Since every home is different, this list only covers a few of the hazards that can be addressed by contacting the Lincoln-Lancaster County Health Department's (CEHPI) website.

For each question, mark **YES** or **NO**

### Indoor Air Quality

- |  |                          |                          |
|--|--------------------------|--------------------------|
| Does anyone in your home smoke?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you use any fuel-burning appliances - such as a gas-furnace, water heater, or fireplace - without using a carbon monoxide detector? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do any areas of your home have a musty odor or any visible mildew?   | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have any indoor pets such as a dog, cat, bird, hamster, guinea pig?   | <input type="checkbox"/> | <input type="checkbox"/> |
| Do odors - such as those from cooking - linger in the air in your home?  | <input type="checkbox"/> | <input type="checkbox"/> |
| In winter, do you often notice condensation on the inside of your windows?   | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you noticed that symptoms - such as irritated eyes, coughing or sneezing - develop more often when you stay indoors at home?      | <input type="checkbox"/> | <input type="checkbox"/> |

### Household Trash

- |  |                          |                          |
|--|--------------------------|--------------------------|
| Do you purchase products that you don't really need or buy products in large, unnecessary packaging that you throw away later? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you throw away items that could be recycled or reused?  | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you throw away yard waste that could be composted instead?  | <input type="checkbox"/> | <input type="checkbox"/> |



If you answered "Yes" to any of these questions, there may be environmental hazards or health concerns you will want to investigate by calling the Children's Environmental Health Protection Initiative at 441-6298 or by checking out our website at <http://interlinc.ci.ne.us/city/health/environ/cehpi/>

\*checklist layout adapted from University of Nebraska Cooperative Extension's "Home\*A\*Syst Checklist"

## What is the Children's Environmental Health Protection Initiative?

The purpose of the Children's Environmental Health Protection Initiative, or CEHPI, is to reduce the incidence of illness and disease in children caused by exposures to environmental hazards and toxins. Preventing exposures to environmental hazards and toxins is the primary focus of the CEHPI. Awareness of potential or actual environmental hazards is the first important step in preventing illness and disease.

## Who can I contact for more information?

To discuss questions or concerns about children's environmental health please contact the CEHPI directly at (402) 441-6298 or visit us on our website <http://interlinc.ci.lincoln.ne.us/city/health/environ/cehpi/>

Additional information can be accessed by calling the Lincoln-Lancaster County Health Department at (402) 441-8000.



excerpt from US EPA

funded by:

